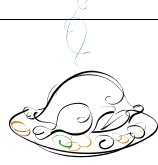


November 2014

Coach Marshall
 marshallc@clarke.k12.va.us
 Cell 540-931-1227
 Home 304-725-6120

Updated Nov 17th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Swim nights—swimmers are encouraged to bring at least 2 towels and goggles. Dryland—Swimmers need work out clothing, tennis shoes, warm outer layer, and a towel or mat.		
2	3	4	5			
9	10 <i>Swim 7-10</i>	11 <i>Swim 7-10</i>	12 <i>No practice</i>	13 <i>Swim 7-10</i>	14 <i>Dryland</i> <i>3:30—5:30</i>	15
16	17 <i>Swim 7-10</i>	18 <i>Swim 7-10</i>	19 <i>Dryland</i> <i>3:30—5:30pm</i> <i>Suit order due</i>	20 <i>Parent Mtg 6:15</i> <i>room A114</i> <i>Swim 7-10</i>	21 <i>Dryland</i> <i>3:30—5 pm</i> <i>Spirit order due</i>	22
23	24 <i>Swim 7-10</i>	25 <i>Swim 7-10</i>	26 <i>Dryland</i> <i>8:30– 10 am</i>	27 	28	29 <i>Swim (am)</i> <i>8 to 11 am</i>
30						